

Gain awareness:

Experiences we've had at specific ages during our childhood: (infant, baby, toddler, child, teenager)

What did we need to hear at these stages? Talk to your inner child & share the things it needs to hear.

Things we didn't get to do in our childhood that we wished we got to do:

Can we do the things we never got the chance to do in our childhood?

Parts of ourselves that were shut down in our childhood (our opinions, saying "no", speaking, playing, resting, being playful & silly, emotions of joy or anger, acting like a child etc.)

All of these things were shut down within us, meaning they are within us & we are capable of reconnecting with these aspects of ourself. Begin with one aspect you'd like to work on reconnecting with & slowly build up.

Did we feel heard as a child?

Take the time to truly listen to yourself, your needs, wishes & desires. Sit with yourself & listen to your body.

(If we had siblings) What was our family dynamics like between our siblings? Did we get along with our siblings? What is our relationship like today? What are your fears that come up for your own children?

What are our biggest fears?

How can we work through these fears rather than passing them on to our own children?